

# What You Can Do!

## What Individuals Can Do to Reduce Greenhouse Gas Emissions

1. **Drive Less.** Walk, bike, take mass transit, carpool and combine errands.
2. **Drive Smart.** Keep your car tuned and tires properly inflated. If you pull over to the side of the road to talk on your cell phone, turn off your engine. Drive smoothly, avoiding rapid starts and stops. You'll reduce emissions and save money on fuel.
3. **Buy Fuel Efficient.** Fuel efficient vehicles save gas and reduce emissions and costs.
4. **Reduce, Reuse, Recycle.** Buy less, and use what you have for longer periods of time. Recycle and reuse materials whenever possible. Choose pre-owned products, products that have recycled content, and products that are sold with less packaging (for example, produce, cereals, grains and nuts sold in bulk).
5. **Compost food scraps and food-soiled paper.**
6. **Declutter your mailbox.** Go to [www.StopJunkMail.org](http://www.StopJunkMail.org) for useful tips on how you can reduce junk mail - and reduce the time you spend dealing with it!!
7. **Change a Light.** Replacing incandescent light bulbs with compact fluorescent lights (CFLs) and/or light-emitting diodes (LEDs) will reduce greenhouse gas emissions and save you money on your electricity bills.
8. **Be Water Smart.** A hot water tank is the second largest user of energy in a home. To reduce your energy usage, set your tank to 120°F, take shorter showers, use water-efficient washing machines and wash full loads of clothes in cold water. You'll save energy, water and money. Look for the WATER SENSE label, an EPA rating system for water-efficient plumbing fixtures.
9. **Be Energy Smart.** Look for the ENERGY STAR label, an EPA rating system for the most energy-efficient appliances, computers, light fixtures and many other electrical conveniences.
10. **Turn Down, Turn Off, and Unplug.** Turn down your thermostat by at least 2° F. Turn off lights in empty rooms and unplug electronics such as televisions, DVDs and phone chargers that aren't in use.
11. **Dry Smarter.** Air dry your laundry, and use the no-heat option on your dishwasher.
12. **Ditch the Plastic.** Cut back on emissions and waste by bringing cloth bags to the grocery store instead of using plastic bags. Eliminate single-serving plastic beverage

containers and keep yourself hydrated with a refillable bottle. Look for other ways to eliminate or reduce the use of plastic in your life.

13. **Weatherize.** Make your home more comfortable and more energy efficient by doing things such as installing weather stripping and proper caulking around doors and windows, insulating the walls, attic and under the flooring, and ensuring that blinds, curtains, and windows are closed during the summer to help keep the house cool.

## **What Businesses Can Do to Reduce Greenhouse Gas Emissions**

1. **Many of the ideas described for individuals can also be implemented by businesses.**
2. **Be Smart and Stay Cool.** Make sure your air conditioning and heating system is as energy efficient as possible. Replace older HVAC systems with newer, more energy-efficient systems. You will save energy and money, and reduce greenhouse gas emissions at the same time.
3. **Upgrade to ENERGY STAR.** Office equipment is one of the fastest-growing electricity uses in commercial buildings in the United States. By purchasing ENERGY STAR-qualified equipment, a business can cut its annual electricity costs and help reduce greenhouse gas emissions.
4. **Support Smart Transportation Choices.** Federal legislation passed in the late 1990's allows companies to provide their employees with tax-free incentives to ride public transportation to and from work. Providing transportation is an easy way for employers to attract and keep good workers, while promoting the use of mass transit.

**Source:** ICLEI – Local Governments for Sustainability, with additional information to supplement ICLEI's list provided by the City of Fremont.